

SHARE THE LOVE VALENTINE'S DAY GIFTS FOR HER ... AND FOR HIM (pages 22-23)



GLOWING GIRL ANISTON SAYS SHE'S HAPPY, REALLY

DISH (page 10)





Thursday, February 10, 2011 www.metronews.ca



Drowning in Debt? Reach Out!



Games faces on

Opening ceremonies begin at 7 p.m. tomorrow at the Metro Centre Many athletes arriving today • Games CEO hopes fans copy 'Robson Square flavour'





Nova Scotia get your game on.

Canada Games CEO Chris Morrissey is urging all Nova Scotians to get into the spirit for the next two weeks.

"I think it would be cool if people went to work with their faces painted," he said.

"If we have that kind of community spirit and if people saw people in their business suits and dresses with their mittens on or coat of arms, I think that would

"We're hosting the entire nation for 18 days and we should wear that on our sleeves."

CHRIS MORRISSEY, CANADA GAMES CEO

be pretty special."

And it wouldn't hurt the athletes ei-

Flag bearer and hockey player for Nova Scotia Ryan Falkenham said the fan support will be a huge advantage.

"Energy is so important in so many

sports. If the fans bring energy I think we'll do a lot better," he said. "I think the fans will be pretty rowdy

and get into it. They'll get behind us.'

There are more than a few comparisons between the Vancouver Olympics and these Canada Games flying around the city. Morrissey said one thing he'd like to see copied is the "Robson Square flavour."

"Wait until the athletes get here with the different colour jackets, people are going to catch that fever," he said.

'There's some greatness that's going to

Games glory

Cheer on future **Olympians**

Complete event schedule {page 16} Dluenosers fight New Brunswickers for 'best of the rest' crown {page 14} Six Nova Scotia athletes to keep an eye on {page 18}

The **Pyramids** reopen

But protests in Egypt are far from OVER {page 10}



The tragic flight of Cougar 491

Transportation Safety Board releases its final report on the crash that killed 15 (page 3)

So you think you can dance?

Steal some of Blake McGrath's moves on Saturday night (page 9)

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Appetite for destruction

○ Car crashes into Dartmouth restaurant ○ Driver, workers, patrons all uninjured ○ Four years ago, another driver crashed into same building





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Fotis Fatouroa and his crew were busy preparing haddock yesterday morning at John's Lunch when they heard a loud noise behind them.

"We turned and we see the car in our door," said Fatouroa, a co-owner of the restaurant located in Dartmouth.

Fatouroa didn't witness the accident himself, but the woman in the car was able to relay the story back to him.

He said the woman in the car tried to avoid a pedestrian who was crossing the street. She lost control and crashed into the front façade of the restaurant. No injuries were report-

ed.
Fatouroa said he was just relieved no one was hurt.

"Accidents can happen. If nobody is hurt, it's okay" he said.

"We can fix the door, we can fix the front."

It was actually the second accident of its kind in the restaurant's 42-year history

Four years ago, a young man crashed a stolen car into the same window that suffered damages yesterday.

Even with a smashed-out front window, the staff at John's Lunch stayed open yesterday to serve customers.

"It might be a little bit chilly, but we have bills to pay, so we've got to stay open," Fatouroa said.

Man in custody following break-ins

RCMP arrested an 18-yearold man in connection with several recent breakand-enters in Cole Harbour.

Just after 10 p.m. on Sunday, Feb. 6, officers responded to a break-and-enter at a residence on Sirius Crescent. Based on evidence gathered at the scene, RCMP executed a search warrant at a residence on Ponderosa Avenue on Monday, and an 18-year-old was taken into custody.

A further investigation connected the man to four other break-and-enters in the Cole Harbour area, a release said.

The male will appear in court of Feb. 10 facing several charges. • ALY THOMSON

Police make drug arrest

Halifax Regional Police charged a 17-year old with trafficking after a search of his vehicle netted cocaine, marijuana and drug paraphernalia. Around 10:30 p.m. on

Around 10:30 p.m. on Tuesday, police smelled marijuana on a male walking into a store on Wyse Road. A subsequent search of his vehicle turned up an undisclosed quantity of marijuana and cocaine.

The youth is scheduled to appear in Halifax Youth Court at a later date.

ALEX BOUTILIER

Games staff plans show of N.S. love

If you're without a date on Valentine's Day, why not show your love for Nova Scotia?

Organizers of the Halifax 2011 Canada Games have declared Feb. 14, 2011 to be I Love N.S. Day.

The province and organizers are offering two events to celebrate our province, including a noon concert featuring Cory Tetford and Paul Lamb, the Maritime Centre for African Dance and the 78th Regiment Highlanders pipe and drum. At 7p.m., head to Celebration Square to enjoy a performance by beloved Nova Scotian Joel Plaskett.

ALY THOMSON

Police arrest man after shooting

Halifax Regional Police made an arrest in an earlymorning shooting in Highfield Park.

Police were called to an apartment on Highfield Park Drive just before 1 a.m. on Tuesday on a weapons call. When they arrived, they found a 34-year-old man with a gunshot wound.

The man was transported to hospital with non-

life-threatening injuries. Further investigation revealed the incident occurred due to careless use of a sawed-off shotgun.

The weapon was recovered in the building.

"We don't believe there was any altercation," said HRP spokesman Const. Brian Palmeter. "Both people were in the apartment, and there was the firearm present, and it ended up

"This wasn't a break-and-enter. It's believed that (Carter) was there with consent and is known to the victim."

HRP CONST. BRIAN PALMETER

going off more from the careless use than the intent"

Palmeter said police believe the victim and suspect, Brendan Kyle Carter, are known to each other, but did not elaborate on their relationship.

their relationship.
Carter, 21, of Dartmouth has been charged with aggravated assault, assault with a weapon, misleading police, as well as a number of weapons-related offences.

ALEX BOUTILIER

Chopper pilots didn't realize peril: Report

○ Capt. Matthew Davis and First Officer Tim Lanouette died with 15 passengers on March 12, 2009, when the helicopter they were flying to offshore oil sites hit the water about 55 kilometres east of St. John's



The pilots of Cougar Flight 491 didn't realize a gearbox failure was about to turn catastrophic — or that every split-second assumption they based on training and unclear emergency procedures was fatally flawed.

That's the conclusion of a Transportation Safety Board report yesterday that recommends all Sikorsky S-92 helicopters should be able to run dry without oil in their main gearboxes for 30 minutes.

It also calls on the Fed-

eral Aviation Administration, the United States regulator, to assess whether choppers criss-crossing the rough seas off Newfoundland and in the Arctic should be able to fly dry even longer.

"The Flight 491 crew was seeing something for the first time," TSB lead investigator Mike Cunningham told a news conference.

"They had never been presented with a scenario in the simulator where the oil was lost so suddenly. Based on their understanding of the situation, and the belief that there was still oil in the main gearbox, the crew decided that continuing towards St. John's was less risky than ditching.

"When the tail rotor began to fail, the crew was unable to safely put the helicopter on the water."

The board also recommends grounding flights over seas that are too rough for a survivable emergency landing.

The report doesn't as-

sign blame for the crash and its recommendations are not legally binding.

Canadian investigators had already said that titanium studs holding the oil filter bowl assembly to the helicopter's main gearbox broke in flight, draining a massive amount of oil before the Cougar crash.

The FAA said it has issued directives for more bolts to secure the filter assembly of the gearbox and has stepped up inspections of the components.

THE CANADIAN PRESS

Bluenose renewal goes live online

The restoration of Nova Scotia's iconic Bluenose II has hit the web, attracting a worldwide audience.

Three webcams are streaming non-stop video of the work being done to replace the vessel's hull on the waterfront by the Lunenburg Shipyard Alliance. The live footage is being viewed on computer screens as far away as Kuwait, a release said yesterday.

The province wi

launch a website in the next few weeks, offering project and historical information, construction updates, and a blog written by Wayne Walters, director of operations for the Lunenburg Marine Museum Society, which operates the boat for the province.

The \$14.8-million project is expected to be substantially completed by the end of March, a release said. • ALY THOMSON

CRIME

Pair with history of motor offences arrested

Halifax RCMP arrested a pair of Beaverbank residents who owe a combined \$145,000 in unpaid fines Tuesday night.

Police were in the area of Beaverbank Road when they observed a car pull into the residence of Chester Eisnor, 44. Eisnor, who owes approximately \$100,000 in unpaid fines under the Motor Vehicle Act, entered the vehicle and police ran the

plates.

The plates turned out to be stolen, and officers stopped the vehicle.

Further investigation revealed the driver, a 39-year-old from the Beaverbank Area, was a suspended driver with over 20 previous MVA offences. She was also under conditions to have no contact with Eisnor.

She was arrested without incident.

Michelle Stundon faces charges of possession of stolen property and failing to comply with recognizance.

Eisnor has been charged with possession of stolen property and three different counts of failure to comply with an undertaking.

Both appeared in Dartmouth provincial court yesterday.

• ALEX BOUTILIER

No injuries after train hits vehicle

Police in Nova Scotia say there were no injuries when a train collided with an empty vehicle yesterday at the Glengarry Station Crossing.

Police say the mishap involving the freight train and an automobile occurred just after 11 a.m. at

the Glengarry Station Crossing. The RCMP says there

The RCMP says there was no derailment.

THE CANADIAN PRESS



For more news, visit metronews.ca/ halifax





Winter storm creates more travel delays

The Atlantic region was battered with heavy snow and high winds that closed schools and delayed travellers.

Canada Games take up social media

◆ Halifax 2011 Canada Games use social media to track coverage ◆ Will allow athletes to be profiled



Two years ago, Christina Carew was tasked with a mission to find a way to use social media to share the Canada Games across the country.

Carew's vision will come to fruition tomorrow at the Halifax 2011 Canada Games opening ceremony as hundreds of volunteers, athletes and spectators will live Tweet, video blog and photograph the event. After uploading to Twitter, YouTube or Flickr, their coverage will be directly posted to the games website providing up-to-the-second information that differs from tradition television coverage, said Carew.

"It's the first time its been used this way in sport. Calgary Stampeders had something like that for their fans so I just took that and blew it up," said Carew, explaining the Stampeders used this model to house fan's com-



ments and reactions. She said all sports have

been assigned an English and French hashtag (#2011speed for speed skating, for example) and will provide information about each specific sport, event and ceremony.

Carew has 26 volunteers armed with smart phones and laptops to report high-profile events such as finals and medal ceremonies. Other coverage will be provided by, well, whomever.

"I think it will be interesting because not only will the volunteers ... be

able to report stuff but we'll be able to hear information about athletes that maybe haven't been featured before," said Carew, mentioning table tennis and judo, two sports not being broadcasted by TSN or TSN2.

Carew said using social media is a fresh way to cover event results, and it also captures the spirit and sentiments of the Games. "It's how can we take all those conversations and put them in one place."

Halifax planning flash mob dance

Halifax will do a flash mob, Oprah style. Ali McKellar, Joseph Chedrawe and Kathryn O'Neill have choreographed a short, easy-tolearn dance routine to Joel Plackett's song Nowhere With You. The plan is everyone will know the dance steps before attending the free concert on Monday, and perform it when the song plays. A recent example of a flash mob was on Oprah when the Black Eyed Peas performed in 2009.

The choreographers have posted an instructional video on YouTube.
"Absolutely anyone can learn the choreography," said Chedrawe. The event is taking place at the Halifax Celebration in front of city hall. The show starts at 7 p.m. SHELBY MCDONALD

Killing off bedbugs

Organizers of the Canada Winter Games in Halifax are hoping a combination of high heat and extreme cold has exterminated a clutch of bedbugs living in a dorm that will soon be used by young athletes from across the country. Spokeswoman Melissa MacKinnon says workers at the Tim Hortons Children's Camp in Tatamagouche have eradicated the pests.

THE CANADIAN PRESS



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Tension in Egypt as dialogue collapses

Nearly 10,000 amassed in Tahrir yesterday Vice-president warns against civil unrest, saying 'we can't put up with this at all'

Thousands of state workers and impoverished Egyptians launched strikes and protests around the country early today as anti-government activists sought to expand their campaign to oust President Hosni Mubarak despite warnings from the vice-president that protests won't be tolerated much longer.

06

Some 8,000 protesters, mainly farmers, set up barricades of flaming palm trees in the southern province of Assiut, blocking the main highway and railway to Cairo to complain of bread shortages. They then drove off the governor by

pelting his van with stones. Hundreds of slum dwellers in the Suez Canal city of Port Said set fire to part of the governor's headquarters in anger over lack of housing.

Efforts by Vice-President Omar Suleiman to open a dialogue with protesters over reforms have broken down since the weekend, with youth organizers of the movement deeply suspicious that he plans only superficial changes far short of real democracy. They refuse any talks unless Mubarak steps down first.

Showing growing impatience with the rejec-

"(Vice-President)
Omar Suleiman is
threatening to
impose martial
law, which means
everybody in the
square will be
smashed. But what
would he do with
the 70 million
Egyptians who
would follow us
afterward?"

ABDUL-RAHMAN SAMIR, SPOKESMAN FOR THE COALITION OF YOUTH GROUPS BEHIND THE PROTESTS IN TAHRIR SQUARE tion, Suleiman issued a sharp warning that raised the prospect of a renewed crackdown.

He told Egyptian newspaper editors late Tuesday that there could be a "coup" unless demonstrators agree to enter negotiations.

Further deepening public skepticism of his intentions, he suggested Egypt was not ready for democracy and said a government-formed panel of judges, dominated by Mubarak loyalists, would push ahead with recommending its own constitutional amendments to be put to a referendum.

THE ASSOCIATED PRESS

Analyse

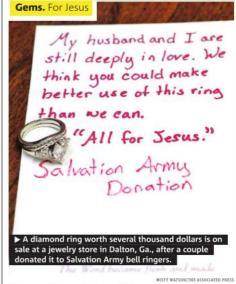
SAVING MUBARAK

Some of the United States' Mideast allies are pressing the Obama administration to go easy on Egypt's embattled leader and allow for a gradual transition of power.

Moderate Arab countries such as Jordan and Saudi Arabia have warned Washington that an abrupt departure of Hosni Mubarak could strengthen militants and destabilize U.S.-backed regimes in the region.

The latest flurry of diplomatic contacts, including dozens of phone conversations between Jordan's King Abdullah II and senior U.S. officials, signal growing tensions between the Obama administration and its regional allies since the outbreak of the Egyptian uprising.

The U.S. has urged its Mideast allies to be more responsive to domestic calls for reform that have intensified since protests against the Mubarak regime first erupted on Jan. 25. Arab leaders, in turn, worry Washington will pressure them into making what they consider dangerous concessions.



Say it with diamonds

Salvation Army officials are selling one of the more unusual items they collected during their Red Kettle drive: a diamond wedding ring. An unidentified couple approached bell ringers on Dec. 22 outside a grocery store in northern Georgia and left the ring. They also left a Christmas card with a note on the back. The ring is on sale at a Dalton jewelry store, where sealed bids are being taken for the next 30 days. It will then be sold to the highest bidder, with proceeds going to support Salvation Army services.

Plant the finance seed: Report

Canadian schools should start teaching children about managing money as early as elementary grades, a federal task force on financial literacy says.

In a report issued yesterday, the blue ribbon panel concluded that many Canadians are ill prepared for a financial world that is becoming increasingly complex by the year.

It says education, starting as early as elementary school, is the best way to sow the seeds of knowledge and skills Canadians need to save, invest, buy homes and plan for retirement later in life.

"There's a lot of research that suggests that early adoption of this (education) is quite powerful," said Donald Stewart, the task force chair who is also chief executive of Sun Life Financial.

"We would suggest no later than Grade 10, and if you can fit in pieces of it earlier, studies suggest it would be beneficial."

THE CANADIAN PRESS



Man walks into train, walks away

An intoxicated man in Saskatoon strolled into an oncoming train yesterday but will live to tell about it.

Police say after the Canadian Pacific freight train clipped the 29-year-old, he was able to get up and walk away. Police Sgt. Ted Sperling said the train was blowing its horn but could not be stopped in time to prevent a collision. The man was found two blocks away and taken to hospital for treatment of minor injuries. He is expected to be charged with trespassing.

Search for twins shifts to Corsica

The search for missing Swiss twins spread to Corsica and southern Italy yesterday, after authorities confirmed the six-year-old girls were on a ferry to the French island four days before their father apparently killed himself in Italy.

Marseille prosecutor Jacques Dallest said Matthias Kaspar Schepp and his daughters boarded a ferry for Propriano, in Corsica, on Jan. 31, but authorities could not confirm that the twins ever left the

THE ASSOCIATED PRESS



On top of the world

Linkup with London will change the markets game, says TSX boss

Call it a world-beating winwin situation.

A transatlantic union between the biggest stock exchanges in Canada and Britain will change the game for markets around the world, the head of the Toronto Stock Exchange

said yesterday. A linkup between TMX Group and the London Stock Exchange will "redefine the global exchange business," chief executive Thomas Kloet added.

But even as the Canadian and British operators planned to join hands, officials at stock exchange operators in New York and Germany announced their

own merger talks. NYSE Euronext Deutsche Boerse AG said there's no definite deal but the combination could set

up a powerful rivalry between stock market giants.

Meanwhile, Industry Minister Tony Clement said his department will look at the Canada-U.K. deal to see if it requires an official review.

THE CANADIAN PRESS



News in brief

There's an app for confession

NEW YORK. Got sins? A new app for the iPhone and the iPad seeks to help Catholics prepare for confession.

The \$1.99 app guides you through the Ten Commandments with a slew of questions attached to each. It then takes you through contrition and offers sample text you can tell a reallife priest.

THE ASSOCIATED PRESS

Palm unveils its tablet

SAN FRANCISCO. Smartphone pioneer Palm is releasing its first tablet computer, the TouchPad. Palm unveiled the

black, skinny device yes-

terday. It will run the same webOS operating software as Palm's Pre and Pixi smartphones. THE ASSOCIATED PRESS

Drink details get new twist

VANCOUVER. It's going to be easier to know how many calories you're consuming when you sip a soft drink.

The calorie count will be moved to the front of cans and bottles and full serving details will be provided. The initiative will extend to vending machines and fountain beverage dispensers.

Companies include Canada Dry Mott's, Coca-Cola Refreshments Canada, Cott Beverages Canada, Nestle Waters Canada and PepsiCo Beverages Canada. THE CANADIAN PRESS

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RUN OVER BY A STREETCAR NAMED DESIRE



Pucker up, lovebirds! (Can birds pucker?)

t's time for Valentine's Day, that love-laden event where, like surgeons, we exchange hearts and hope no blood is spilled. Ever since some guy named Valentine got beaten and lost his head during a time of persecution, we've been celebrating the obvious tie-in with relationships.

It sort of makes you think. In my case, my feelings toward the day have run as hot and cold as any Harlequin romance.

I hated Valentine's Day when I was young and unlucky in love, replaying every failed relationship in my mind over and over like a little Zapruder film, trying to decipher exactly what

happened.

I loved Valentine's Day when I was engaged to be married, my love life as overflowing as Pamela Anderson in a "C" cup (you see

how romance and poetry permeated every fibre of my being).

Now that I'm divorced, it would be fair to assume I hate the day again. ready to tell the world where it can put Cupid's arrow.

But you would be wrong. Mostly, I

feel nothing — not jaded, joyless nothing, just nothing. I feel like I've been through enough in my life that no day can instruct me how to feel, good or ill.

I remember crushing on Nicole Boudreau in Grade 4 and

changing the words of Christmas In Killarney so it went, "It's nice, you know, to kiss Boudreau, while cuddling under the mistle-

> I remember my first love with Julie, a relationship so overwrought with tender, naive passion that Justin Bieber would have gagged.

I remember getting so infatuated with Cora in my early 20s that

every song on the radio had added romantic weight, even if it was a jingle about toilet bowl cleaner

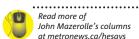
I remember kissing my future wife in the rain.

And that's just the positive

stuff. I've been run over by the streetcar named desire more times than I can count. I've been single, taken, engaged, married, divorced, exalted, ecstatic and en-

I'm not unique, by any means. But the day seems irrelevant to me. Valentine's Day can't move me or hurt me any more than Halloween can scare me or Labour Day can convince me to get a union card.

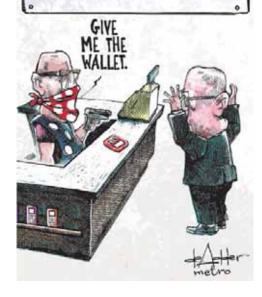
I'm just glad to know that there will be more times in my life — day unknown — when I'll go sappy, lose sleep, lose weight, feel sick to my stomach, and be scared. After all, that's what true happiness is about.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon







Letters & Tweets

Finance Minister Jim Fla-herty spoke darkly on the penny's future this week and the coin's days appear numbered. Surely, the first currency most of us ever saved enough to roll deserves a warm send-off, so we asked you for your obituaries and

@lexiebexson: Due to cutbacks in the economy, the penny is now penny less. It's been nickel-anddimed to death.

@wilcre: Pennies, they corroded their way in. Now oxidized from us, rest my friend, you won't be forgotten for the next "DOT,"

@chelsea_mac1: The penny
will be missed by all.

You had great cents

"... mv feelinas

toward

(Valentine's Day)

have run as hot

and cold as any

Harlequin

romance."



Specifically by stores that will no longer be able to use \$0.99 as their pricing strategies.

@toothpickgirl: RIP penny you had great cents. @stevehalifax: I guess the price of a "thought" jumps to five cents now! @trevorboller: Canada loses all intelligence due to no more penny for your thoughts.

And here are a few dissenters, for whom the penny will be anything but missed.

@go2plan_b: Personally, I'll be glad to be rid of the penny.

@dev0kan: Good riddance. Pennies smell bad and cost more to make than the \$0.01 that they're worth.

What's your Friday ritual to unwind from the week? **Email** halifaxletters @metronews.ca **Twitter** @metrohalifax

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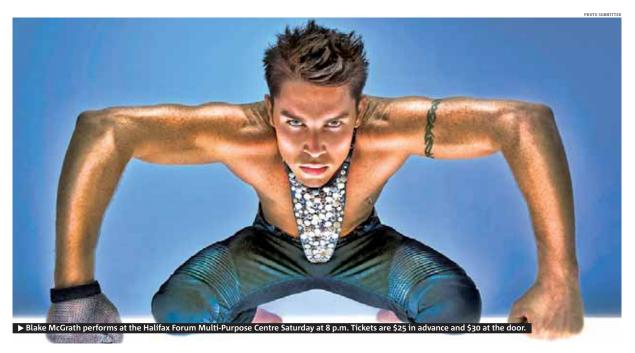
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Metro Minute at musical tribute

Join Symphony Nova Scotia Canadian soprano Suzie LeBlanc tonight in celebrating the life and work of Nova Scotia poet Elizabeth Bishop. In honour of Bishop's 100th birth-day, this "one-of-a-kind day, this "one-of-a-kind musical tribute" at the Re-becca Cohn Auditorium will bring melodic life to Bishop's poems. Canadian composers Emily Doolittle,

Christos Hatzis and Alasdair MacLean were commissioned to write music for such poems as A Short Slow Life, All Night, and Breakfast Song. Bishop's poems reflect her childhood summers in Great Village, N.S., and won her the Pulitzer Prize in 1956. The show begins at 7:30 p.m. and tickets range from \$29 to \$52. • metro





McGrath shows that he can dance

BACKSTAGE PASS

JENNA CONTER METRO HALIFAX



Dance was one of the "after school activities my parents threw me

into to develop coordination and make friends.

Of course in my later years I became a competitive swimmer and dabbled in rugby so you can image what a delicate flower I was packed into a pink onezie.

Fortunately, my mother didn't know how to

work a video camera so I made it out relatively unscathed.

More bountiful in scaring memories than actual talent, my dance career progressed to being that kid who danced with her brother at family func-

Short of entertaining fellow family members on the bar mitzvah circuit, our dancing careers didn't go far.

So when CTV started asking So You Think You Could Dance? I answered "no" and waited to see what real dancers could bring.

Blake McGrath, who is from Ontario, was once one of those dancers. His relationship with the S.Y.T.Y.C.D. franchise began in 2005 as a 20-yearold contestant on the American version.

Now 27, McGrath, who is performing this Saturday at the Halifax Forum Multi-Purpose Centre, has since hopped the fence and is now a judge and choreographer for the Canadian edition.

"I understand what these kids are going through. I've been there, I've done it," he says.

Lisa Phinney Langley, a local contemporary choreographer and co-creator of PHIN Performing Arts, gave me the professional's take on "As Seen on TV" dancing. "It's like the (Andy Warhol) 'Pop Art' of the dancing world. It's in your face more than another work of art with the same level of technical ability."

However, we agree that no matter what the production value, "these dancers are so fantastic and they can do anything you ask of them."

McGrath pushed further, adding singer to his resumé, releasing his first single, The Night (The Only Place to Go) last April.

McGrath wants young dancers to know, "there's a bigger life after the show.

It's about where you go after the show and what else you can do."

Flamenco

- Dance. With Flamenco dancing becoming Halifax's up-and-coming dance craze, you don't want to miss out on Atlantic Flamenco Productions' presentation of Maria Osende Flamenco Company's indelible Flamenco Valentine.
- Have the chance to see some new work with an authentic Spanish flavour and join in on the postperformance dance party, guaranteed to help that flame burning well into Valentine's Day.
- "This show takes a new direction," says Maria Osende, principal dancer and choreographer. "I am currently working on a piece, a Seguiriya, for myself and my three dancers, Francesca, Michelle and Colleen, which is strongly inspired in images from Garcia Lorca's female characters. I guess one could say the show will have a stronger theatrical component."
- When: Saturday, 8pm Where: Casino Nova Scotia's Schooner Room Tickets: \$28 to \$32

scene



The Gay & Lesbian Alliance Against Defamation is honouring Ricky Martin and Kristin Chenoweth. The organization announced yester-day that Martin will receive the Vito Russo Award at GLAAD's 22nd annual Media Awards on March 19 in New York City. The award is presented to an openly LGBT media professional who made a significant difference in promoting equal rights THE ASSOCIATED PRESS

Kennedys producer happy with new home

The Canadian producer of a beleaguered TV miniseries about the Kennedy clan says its new U.S. broadcaster is backed by a "really strong family ... independent of any kind of outside influence."

Roughly one month after the U.S. History Channel dropped The Kennedys from its schedule, Michael Prupas says he's pleased to see it land with the lesser known digital outlet Reelz

Channel. The \$30-million series was slated to be History's first scripted program, which the cable outlet commissioned and helped finance with Prupas' Muse Entertainment, of Montreal.

But the channel suddenly dropped the Torontoshot drama from its schedule amid suggestions Kennedy family members and supporters were unhappy with the project.

The series airs as a fourpart miniseries in Canada on History Television on April 10 and as an eightpart series on Reelz Channel on April 3.

The Albuquerque-based digital outlet, available in more than 56 million U.S. homes, mostly airs Hollywood theatrical movies, and Prupas admits the Kennedy controversy serves well to enhance the upstart's profile. Still, he

said the benefits go both ways, alluding to allegations the Kennedy dynasty intervened in the History airing.

"The Reelz Channel is led by a really strong family ... they're independent of any kind outside influence and are prepared to stand up and be counted and try to make the best possible promotion of the show that they possibly can," Prupas said from New York, where

he was promoting the series.

Prupas traces the trouble back as far as last winter, when Liberal filmmaker Rober Greenwald got a copy of an early version of the script that included scenes of John Kennedy's sexual interests.

"Big surprise for everybody that he actually had extra-marital affairs," Prupas says sarcastically.

THE CANADIAN PRESS



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Aniston insists she is very happy

Jennifer Aniston says she's well aware of what people's biggest misconception of her is — that she is somehow unhappy.

"That I'm unhappy. I'm really happy. Really," she tells People magazine.

The former Friends star is getting a little tired of the public's expectations for her personal life.

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen'

IENNIFER ANISTON

the kitchen," she says

"And I just want to say, 'Everybody, relax! It's going to happen."

METRO

Miley dating her latest co-star?

Miley Cyrus is reportedly getting close with her latest co-star, actor and former rugby player Josh Bowman, who previously dated Amy Winehouse, according to People maga-

"They're definitely dating. It's legit," a source says, though another source close to the former Hannah Montana star begs



to differ.

"Miley is single. They're not dating. They're just friends." OMETRO

Celebrity tweets



Howard Stern (A) Howard-Stern1 I'm liking twit-

ter. Just filed the papers to divorce my face book.



Stephen Fry [Astephenfry] Amazing how

many of you failed to see the letter "i" in the word recital.... tsk tsk



Sandra Bernhard [@Sandra-Bernhard]

up in london press day, might swing by manolo blahnik and say hi to kids. nab a pair of heels duckey!



alone!

[@Tom-Arnold] Enough piling on...I think it's time we leave Alindsaylohan

Tom

Arnold

♠ METRO

Olivia goes back into the Wilde

PEOPLE After eight years of marriage, Olivia Wilde and Italian prince Tao Ruspoli have called it quits, according to People maga-

The couple married when Wilde was still in her teens.

"They have been living apart after trying for quite some time to make their relationship work," a source says of the couple.

Wilde's rep confirmed the split but did not provide further details.



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◆ New York Fashion Week kicks off today, igniting a calendar of garment-geared events throughout the world ◆ Get to know some of the dames you'll be dealing with as the month-long fashion onslaught begins

A guide to fashion's

five ferocious tribes





THE BLOGGERATI

Most popular members: Bryanboy, Tavi, Garance Doré, Jak & JII's Tommy Ton, Hanneli Mustaparta Key traits: A fun-loving crew, the bloggers are like one big group of friends rather than competitors. They're the ones who are actually smiling and having fun at the shows, partly because they're just happy to be there.

Where to spot them: On the street waiting for a show to end or in the front row.

Tribes-within-a-tribe: The street-style bloggers, who take pictures of others, versus the personal-style bloggers, who take pictures of themselves.



THE EDITRIXES

Most popular members:

Anna Wintour, Franca Sozzani, Suzy Menkes, Cathy Horyn, Robin Givhan, Anna dello Russo Key traits: The designers set the trends, but these powerful women influence whether or not everyday shoppers will buy them.

Where to spot them: Sitting expressionless at the centre of the front row, usually being interviewed, videotaped and photographed by a throng of reporters and cameramen.

Tribes-within-a-tribe:
The magazine editors wield a different kind of power from the newspaper writers, and there isn't a whole lot of mixing between the two. The monthlies tend to influence the fashion industry as a whole, while the dailies impact public opinion.



THE RUNWAY STARS

Most popular members: Freja Beha Erichsen, Karlie Kloss, Joan Smalls, Rose Cordero and Lindsey

Key traits: They're the impossibly tall, leggy peripatetic creatures travelling in twos and threes between shows with their runway hair and makeup still on.

Where to spot them: Running out of the backstage entrance at any show venue into a waiting taxi or chauffeured car.

Tribes-within-a-tribe:
There are the girls of the moment (the models who walk in every show and star in the big ad campaigns like Freja, Karlie and Joan) and then there are the new arrivals, the young, new-on-the-scene girls who are hoping to get there.



THE RETAIL OUEENS

ost popular members: Net-A-Porter Natalie Massenet, Lane Crawford's Sarah Rutson, Liberty of London's Yasmin Sewell and Harrods' Marigay McK-

Key traits: They usually have the nicest chauffeured cars and most of-the-moment accessories. Where to spot them:

Heading into a show with a trail of street style photographers hot on their embellished, colour blocked designer heels. Tribes-within-a-tribe: The fashion directors of brick-and-mortar shops have always commanded the most attention. But these days, the women and men behind the e-commerce sites, such

as Net-A-Porter and

ASOS, are becoming more high-profile.



THE PUBLICISTS

Most popular members: Karla Otto, BPCM's Vanessa Bismarck and People's Revolution's Kelly Cutrone

Key traits: A clipboard in hand, an earphone cord around the neck and an extremely low tolerance for bollocks.

Where to spot them: Cutting that gate crasher down to size.

Tribes-within-a-tribe:Fashion publicists the world over are a tough breed, but the New York tribe is especially scary.







Milan, aka the fashion cafeteria

> Front row at the Marc Jacobs show in New York





NYFW newbies

Introducing New York Fashion Week's newest talents



THE LAKE AND STARS

What to expect: Lingerie and swimwear duo Nikki Dekker and Maayan Zilberman have been a cult favourite for a while now thanks to their undergarments that are so contemporary and cool that they

demand to be shown

off. But with an Ecco

Domani award in the

bag, they'll surely be broadening their fanbase. thelakeandstars.com



KINDER AGGUGINI

What to expect: Already a fashion darling in London, Aggugini is finally crossing the waters over to New York. He worked for Vivienne Westwood and John Galliano and describes his own line as "Coco Chanel marries Sid Vicious." That means you can expect nothing other than heaps of attitude and hopefully a little bit of provocation. aggugini.com



JOY CIOCI

What to expect: Cioci's impeccable resumé leaves a very narrow margin for mistakes – not that we're expecting any. Clean, feminine, modern and fresh, her style reflects her time spent at luxury brands Nina Ricci, Gucci and Carolina Herrera.

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Best of the rest

• This province may not be gunning for the top spot in medals, but maybe we can knock off New Brunswick for Maritime victory



If it's seventh, it's pretty much heaven for Nova Scotia at the Canada Winter Games.

That's the province's best finish at the quad-annual event, at least in flag points, and if history is any indication, the Bluenose contingent will spend the next two weeks slugging it out with New Brunswick for the "best of the rest" crown.

In all 11 Canada Games, Ontario, Quebec, Alberta, British Columbia, Saskatchewan and Manitoba have had a lockdown on the top six spots in flag points — and don't expect that

"They're powerful provinces with a lot of infrastructure and some really big programs," said Frank Garner, Nova Scotia's chef de mission. "We're doing better and we're catching up to some provinces, and hopefully eventually we'll move ahead of some of them."

Nova Scotia, which cracked the top six in medals only once back in 1979, is coming off backto-back eighth-place finishes in both medals and flag points. Seven medals came home from Whitehorse in 2007 and eight from Bathurst and Campbellton, N.B., in 2003.

"Traditionally, we haven't

been what you'd call a wintersport province," Garner said. "But we'd like to be in double digits (in total medals), at least, and work toward that."

New Brunswick has taken hold of the seventh spot the past two years, and Garner said Nova Scotia could rally around getting the upper hand on their northerly neighbours and regaining Maritime bragging

"To knock them off would be a great thing for us," Garner said. "I think we will move ahead what we did last time (in overall points) and to be the top Atlantic province would be a great goal to achieve.



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	2007 (8th)	0	3	4	7
NIC	2003 (8th)	2	1	5	8
N.S.	1999 (8th)	5	4	8	17
1 1	1995 (7th)	2	6	12	20
medal	1991 (7th)	6	5	10	21
medat	1987 (9th)	5	2	5	12
stats	1983 (7th)	2	5	11	18
Stats	1979 (6th)	3	7	7	17
	1975 (7th)	2	4	5	11
	1971 (7th)	0	2	5	7
	1967 (7th)	1	1	2	4



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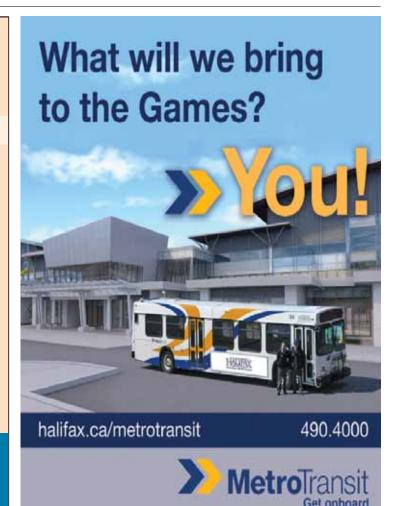
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NOVA SCOTIA



Welcome to Halifax

• As the city prepares to act as host, Games CEO Chris Morrissey talks about lessons learned • A chance to see future Olympians



Chris Morrissey, CEO of the Canada Winter Games, sat down with Metro to talk about how the next two weeks will unfold in Halifax.

Have you learned any lessons

from the Olympics?

Sure! Invest in snow making (laughs). I think we learned a lot from Vancouver with the community spirit and how the community can come together at games time can be quite amazing. I think we learned from the Olympics (that) a torch relay can mean a lot of things. It can mean a lot more than just a relay and it

certainly has ignited this community. Treating our volunteers well: I think Vancouver did that as well and I think we're doing

What can spectators expect to

They're in for a special treat: People have to realize these are next generation Olympians so for some of these athletes coming we may not know who they are but we may know who they are in four years.

Is there drug testing?

We had over 200 responses to Yes, there are a number of drug our request for artists so the tests and the athletes all have to difficult job wasn't asking peosign a consent form to allow ple to perform, it was getting it them to be drug tested. down to the 20 performers or

that to put together?

so. We're just so excited to have The entertainment line-up is fantastic - how difficult was this talent.

> It's really a celebration, it's about the artists, it's about having fun, and it's about our love for this province and our love for this country. It will be an exciting time.

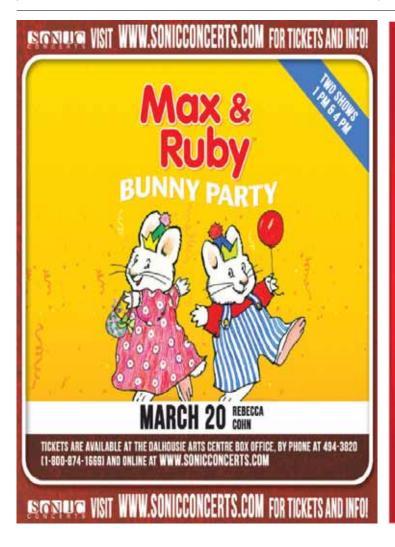
Games schedule

- Opening Ceremonies: Friday, Feb. 11, from 7 to 9 p.m. at the Metro Centre.
- Week 1: Saturday, Feb. 12-Friday, Feb. 18.
- Week 2: Sunday, Feb. 19-Sunday,

Closing Ceremonies: Sunday, Feb. 27, from 1 to 2:30 p.m. at the Metro Centre.

For a breakdown of schedules by sport, see Pages 16 and 17 of this special section.







Complete Games schedule

• To make sure you don't miss all the exciting moments

A breakdown of the Canada Winter Games by sport, with schedule, venues, and how Nova Scotia performed in 2007 in Whitehorse.

ARCHERY

WFFK: 2

SCHEDULE: Tuesday, Feb. 22, to Friday, Feb. 25

VENUE: Sackville High School

LAST GAMES: Nova Scotia couldn't quite get into podium territory, but did post a handful of sixth-place finish-

ARTISTIC GYMNASTICS

SCHEDULE: Sunday, Feb. 13, to Thursday, Feb. 17

VENUE: Canada Games Centre, Clayton Park

LAST GAMES: Fall River's Liam Hawkins won a bronze medal in vault.

BADMINTON

WFFK: 2

SCHEDULE: Monday, Feb. 21, to Sunday, Feb. 27

VENUE: Canada Games Centre, Clayton Park

LAST GAMES: Nova Scotia finished seventh in the mixed team competi-

BIATHLON

WFFK: 1

SCHEDULE: Sunday, Feb. 13; Tuesday, Feb. 15; Wednesday, Feb. 16; and Friday, Feb. 18

VENUE: Ski Martock, Windsor LAST GAMES: Nova Scotia did not enter a team.

BOXING

WEEK: 2

SCHEDULE: Monday, Feb. 21, to Friday, Feb. 25

VENUE: Halifax Forum

the 2007 Games for Nova Scotia. bringing home a silver medal and three bronze medals.

CURLING

WEEK: 1 (female) and 2 (male) **SCHEDULE:** Female — Sunday, Feb. 13, to Friday, Feb. 18; Male - Monday, Feb. 21, to Friday, Feb. 26 **VENUE:** Mayflower Curling Club LAST GAMES: The women's team earned a fifth-place finish while the

FIGURE SKATING

SCHEDULE: Monday, Feb. 21, to Thursday, Feb. 24

men skated away in sixth spot.

VENUE:St. Margarets Centre LAST GAMES: Dartmouth's Tia Dolliver was the lone podium finisher, taking silver in Special Olympics Level 2 sin-



WEEK: 1 (male) and 2 (female)

SCHEDULE: Male — Saturday, Feb. 12, to Friday, Feb. 18; Female — Sunday, Feb. 20, to Saturday, Feb. 26

VENUES: Dartmouth Sportsplex and Metro Centre

LAST GAMES: The women's team placed sixth overall, while the men posted an eighth-place finish.

JUDO

WEEK: 2

SCHEDULE: Wednesday, Feb. 23; Thursday, Feb. 24; and Saturday, Feb.

VENUE: Saint Mary's University LAST GAMES: Halifax's Matthew Vaughan earned a silver medal in the men's 55- to 60-kilogram event.

CONTINUED ON NEXT PAGE

RVAN TAPLIN/METRO HALLEA



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RINGETTE

WEEK: 1

SCHEDULE: Saturday, Feb. 12, to Friday, Feb. 18

VENUE: Cole Harbour Place

LAST GAMES: The ringette team placed eighth.

SKIING (ALPINE)

WEEK: 2

SCHEDULE: Monday, Feb. 21, to Friday, Feb. 25

VENUE: Ski Wentworth

LAST GAMES: James Boudreau's 10thplace finish in giant slalom topped Nova Scotia's list of individual finishers.

SKIING (CROSS-COUNTRY)

WEEK: 2

SCHEDULE: Monday, Feb. 21; Tuesday, Feb. 22; Thursday, Feb. 24; Saturday, Feb. 26

VENUE: Ski Martock, Windsor

LAST GAMES: There were two seventhplace finishes for Nova Scotia, but no one else cracked the top 20.

SKIING (FREESTYLE)

WEEK: 1

SCHEDULE: Sunday, Feb. 13, to Thursday, Feb. 17

VENUE:Ski Wentworth

LAST GAMES: Nova Scotia had a seventh-place finish in male half-pipe but no one else cracked the top 10.

SNOWBOARD

WEEK: 2

SCHEDULE: Tuesday, Feb. 22; Thursday, Feb. 24; Sunday, Feb. 26.

VENUE: Ski Martock, Windsor.

LAST GAMES:Alexandra Duckworth of Kingsburg, Lunenburg Co., won a gold medal in half-pipe.

SPEED SKATING (LONG-TRACK)

WEEK- 1

SCHEDULE: Saturday, Feb. 12, to Monday, Feb. 14, and Wednesday, Feb. 16
VENUE: Canada Games Oval, Halifax
LAST GAMES: Nova Scotia didn't enter a

SPEED SKATING (SHORT TRACK)

WEEK. 1

SCHEDULE: Sunday, Feb. 13; Monday, Feb. 14; Wednesday, Feb. 16; Thursday, Feb. 17.

VENUE: St. Margarets Centre LAST GAMES: Nova Scotia's best individual finish was 44th, while a female relay team placed seventh.

SQUASH

WEEK: 2

SCHEDULE: Sunday, Feb. 13, to Thursday, Feb. 17

VENUE: Saint Mary's University **LAST GAMES:** The men placed seventh while the women placed ninth.

SYNCHRONIZED SWIMMING

WEEK: 2

SCHEDULE: Tuesday, Feb. 22; Wednesday, Feb. 23; Friday, Feb. 25; Saturday, Feb. 26

VENUE: Canada Games Centre, Clayton Park

LAST GAMES: Nova Scotia placed ninth in the team competition.

TABLE TENNIS

WEEK: 2

SCHEDULE: Monday, Feb. 21, to Saturday, Feb. 26

VENUE: Citadel High School

LAST GAMES: Nova Scotia placed seventh in the team mixed competition.

TARGET SHOOTING

WEEK: 1



SCHEDULE: Monday, Feb. 14, to Thursday, Feb. 17

VENUE:Sackville High School

LAST GAMES: Nova Scotia's air-pistol teams just missed bronze medals, losing a heartbreaking three-way tie-breaker on the women's side to place fifth and coming fourth on the men's side

WHEELCHAIR BASKETBALL

WEEK: 1

SCHEDULE: Sunday, Feb. 13, to Thursday, Feb. 17

VENUE: Citadel High School, Halifax LAST GAMES: Nova Scotia did not enter a team.

MATTHEW WUEST



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Six Nova Scotians to watch

• We highlight some Bluenosers who could make headlines on home soil at the Canada Winter Games



NATHAN MacKINNON SPORT: Hockey HOMETOWN: Cole Harbour BIO: MacKinnon is Nova Scotia's brightest young star and the consensus top prospect for the 2011 QMJHL draft.



MATT WHITFORD
SPORT: Boxing
HOMETOWN: Kentville
BIO: Whitford is already
established at the national level, with back-toback gold medals at the
Canadian junior boxing
championships, most recently in the 80-kilogram
class.



WHITNEY LOHNES
SPORT: Judo
HOMETOWN: Bridgewater
BIO: Nova Scotia's
judokas have serious
podium aspirations and
Lohnes — a flag-bearer
who is in her second tour
of duty at the Games — is
expected to lead their
charge.



KITA McRORY
SPORT: Snowboard (giant slalom)
HOMETOWN: Dartmouth
BIO: Four years ago
McRory finished seventh
in the giant slalom at the
2007 Canada Winter
Games. Now 21 years old,
she's positioned to
improve on that result.



JEREMY PAGE
SPORT: Snowboard (half-pipe).
HOMETOWN: Falmouth.
BIO: The 20-year-old has established himself as one of the top junior-aged half-pipe riders in the country, travelling with Team Canada to the junior world championships in New Zealand last year.



BLAYRE TURNBULL
SPORT: Girls hockey
HOMETOWN: Stellarton
BIO: Turnbull is one of
the top scorers for Shattuck-St. Mary's, a prep
school in Minnesota, and
will sport the captain's C
for Nova Scotia at the
Games.



Volunteers are essential

• 5,000 of them will be working to make the games a success



Sporting their exclusive blue and red jackets, the 5,000 Canada Games volunteers are more than ready.

Excitement levels are super high, said Ancel Langille, venue lead for Citadel high school.

"You get that sense of excitement and groundswell of enthusiasm and you see that in the volunteers we train," he said.

"We've been working on this for so long, I really want it to get going."

Christina Carew, social media lead, said her volunteers are incredibly eager. Without being asked, they shot and posted videos of the volunteer pep ral-

ly.

"It's really exciting for me to know I have people who are really eager to make it happen,"

"I volunteered all my life and I volunteered at the Olympics last year so this is a natural progression."

ANCEL LANGILLE, VENUE LEAD, CITADEL HIGH SCHOOL

she said.

The 5,000 volunteer spots filled up quickly and Carew said she gets emails all the time from people would love the opportunity.

"There are still ways for people to come out and participate. There are lots of free venues and lots of tickets left and they're really inexpensive."

Langille also volunteered at the Vancouver Olympics and said the anticipation in Halifax is the same.

"The biggest similarity is people are really getting into the spirit of it. You're seeing Nova Scotia pride, Canada pride. It's really starting to show," he said.

"People are starting to be really proud of our city and of our province. We're going to pull these games off in a fantastic way."

More than 200 volunteers will help out at Citadel high school. The venue is home to wheelchair basketball, table tennis and galas for the National Artists program.









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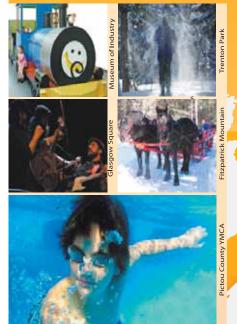
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GIFTS FOR HER,



Simply red

A beautiful red Kristina handbag (\$268, Roots) says Valentines and adds much-needed colour to a wintry wardrobe. Oh, and if you fill it with chocolates, it becomes the perfect gift for any female.



Vampire lover

If she has the release date for Breaking Dawn circled on her calendar and worships Elena on TV's Vampire Diaries, give her a moody but glam piece, like a cropped black leather jacket (\$399, Danier) or a vaguely goth sword pendant from Thomas Sabo (\$89, Thomassabo.com for stores).



Sweets for your sweet It's a classic: A Red Vel-

vet Heart box from Canada's own Rogers Chocolates (\$49.99, rogerschocolates.com for locations). If you're feeling inspired, hide a hand-written love note under all the pleated paper cups.





Valentines, Vegas-style

Can't make it to Vegas, baby? Have a swinging Valentines at home with Playboy Play it Sexy eau de cologne (\$25, major drug stores) and these frou frou delicates from La Vie en Rose (heart print bra, \$32.95; thong \$15.95, lavieenrose.com).



Pampered princess

For the product junkie, stuff a cute heart-adorned wristlet (\$7.99, Quo at Shoppers Drug Mart) with the latest pink and red beauty treats: Physician's Formula Happy Booster blush (\$15.99) and Essie nail colour in Silken Cord (\$9.99), both available at major drug stores nationwide.





Share the love

This beautiful artisancrafted Maasai glass bead ring from Me To We adorns your loved one's finger and provides alternative income in a developing community (Maasai Heart Ring sold as a set with Penda Love Chain glass bead necklace for \$21.99, at metowe.com).

SUGGESTIONS BY LIZA HERZ



VALENTINE GIFTS FOR TWO



La dolce vita

Romantic couples get down for some fireside picnicking on this Grossby sheepskin rug (Ikea, \$189). Add some cheese and a bottle of red and you're set.



Cottage in the woods

A cottage, two pairs of snowshoes and an intimate "après ski" by a roaring fire might just be Cupid's Ultimate Canuck Getaway.

and lounge awaits you - breakfast, lunch and dinner.



Coffee time

Stay at home, curl up with a good book and create your favourite café ambience. We suggest Nescafé Dolce Gusto Circolo by Krups (\$179.99).



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• Conjure blissful schemes to get snuggly with your special someone

& FOR HI



Touch me

A Be Mine gift box from Lush (\$44.95) makes your intentions plain. It contains an assortment of heavenly bath products and a massage bar that you can show him how to use. Add sexy silk box-ers (\$10, Wal-Mart) because men need pampering too.



Cool runners

Runners don't care that it's cold out, as long as they have a stretch of clear road to cover. Give your guy a pair of super-comfortable and supporting Nike Free Run+ shoes (\$119.95, nike.com) and a subscription to Canadian Running (runningmagazine.ca).



Mad men

He's your own Don Draper, so gift him with a bottle of Canada's own whisky (Wiser's, \$24.45) and all the accoutrements (ice bucket, rocks glass). If you want to dress up in a tight skirt and heels to complete the mood, so much the better



Smooth operator

Present him with a playlist of romantic tunes on a new iPod nano (\$159, Wal-Mart), and slip in a song writ-ten and performed by you! That's right. You don't have to be Lady Gaga to croon and whisper a heartfelt love pledge, sung a capella.



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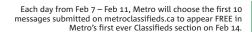
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• Take a break from the chocolates and roses this year and instead focus on your lover's living quarters

Home is for the heart



DESIGN CFNTRF



KARL LOHNES HOME@METRO NEWS.CA

Finding a way to show your love to your sweetheart can be very stressful on Valentine's Day, so why not forgo the chocolates or roses and create a romantic environment for the one you love?

Special decor touches of colour, texture and whimsy can bring heart-thumping feelings all year long. Here are a few sexy yet personal home goods that are sure to lift your love of everything decor.

Water



Flicker of love

The Island Nights candle is one of the most sensually scented candles, with orchids, orange, musk and jasmine.

Tip: the coral sleeve makes a fabulous bottle coaster when the candle is long gone, and the amethyst glass container would be stylish on a desk as a pencil holder. \$47, crabtreeevelyn.com



Luscious Lips

Is there anything that makes more of a statement? I'd use this sexy sofa as a banquette by placing a stylish dining table near it.

A sofa with such personality is the star of the room. Other furnishings should be simpler in design and colour. A modern square-shaped chair in dark grey will make the sofa stand out even more. \$1,500 includes desexyfurnishings.com



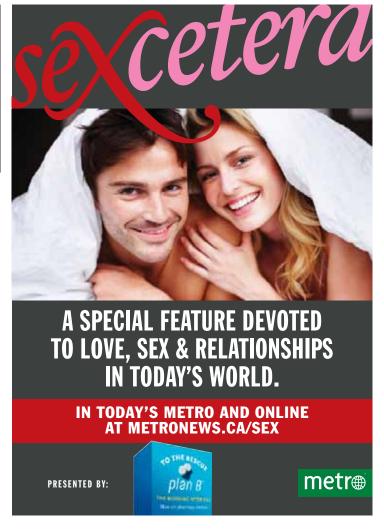
Sexy Walls

Painting the wall behind a bed or sofa can add much needed pizzazz to an all neutral, boring room. Surprise your loved one with the gift of a focal wall this Valentine's Day. The perfect colour of love is Bon Nuit AF635 from Benjamin Moore Paints. This murky purple tone looks great with almost any colour, especially the popular chocolate browns and greys. benjaminmoore.ca





NOVA SCOTIA
HOME BUILDERS' ASSOCIATION





CANADIANS AREN'T DULLARDS WHEN IT COMES TO SEXUALITY

So says Dr. David McKenzie, a Vancouver-based couples counsellor and sex therapist – and that's especially true if you live in British Columbia. The province is considered to be more sexually open compared to Ontario, for example, where the industrious and somewhat uptight profile of the province is likely reflected in the boudoir as well!

"Sex never stands alone. It's always

connected to other issues, both within ourselves and within relationships," says Dr. McKenzie. "So if you're going to have a more liberal and open person politically and otherwise, you're going to find that person on the whole to be more open too."

McKenzie says B.C. tends to be the adventuresome 'frontier land' of Canada. "Vancouver attracts a lot of people who want a more laid-back, recreational lifestyle."

Other regional personalities in Canada that he has noted: the Maritimes tends to be community-oriented with friendly down-to-earth people; Quebec is the passionate province; the Prairies are a friendly place; and Alberta is a very conservative province... with a more conservative attitude sexually.

In general, Canadians of all ages embrace sexuality. McKenzie cites a recent study by Eli Lily that shows couples in their 50s and 60s want more robust sex lives – they're looking for more adventure.

At the same time, Alexander McKay, research coordinator for the Sex Information and Education Council of Canada, says Canadian youth in particular have become more educated about sexuality. Younger people are increasingly savvy about their sexual health compared to past generations. They're more likely to use condoms and less likely to get pregnant then their parents were.

"All of it is part of the gradual liberalization of Canadian society around the issue of sexuality." McKay says youth in general are feeling more comfortable talking with friends and health professionals about sexuality and sexual health. Sex education has improved in some schools, and the internet has provided a way for every person to access information that is specifically suited to their own needs.

THE FIRST KISS

"It was Labour Day weekend and a bunch of friends from high school had met for drinks in the lakeside bar of the old Red Pines Hotel, before heading back to university," says Christine. She had been smitten with one of the guys—Christopher—for years, but they had never dated.
"Somehow the two of us ended up walking along the shore of Kenogami Lake. There was a full harvest moon—it was all very romantic." Before long they were holding hands, then they stopped and shared a kiss. "That was it," she says, "then we were together."

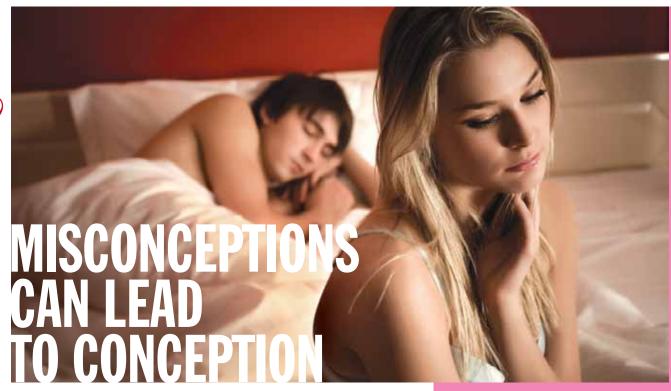


BEHIND CLOSED DOORS

McKay cautions that many Canadians are blissfully unaware about sexual health. He says people in their 20s, 30s and people who are newly single, are ignorant about things like sexually transmitted infection, and put themselves at risk.

Consistent condom use helps to reduce the risk of infections such as HIV, Chlamydia, genital herpes and HPV. Unfortunately, condom use declines with age.

"Some people stop using condoms when they are in a relationship. But most of us have more than one relationship over the years. If you stop using condoms in each relationship that equals unprotected sex with a number of different partners and increases the risk for getting a sexually transmitted infection."



THERE ARE MANY METHODS OF CONTRACEPTION

and all of them, in a splitsecond, can fail.

Not to sound grim, but that's a fact. It could be as simple as missing a few birth-control pills. It could come down to a broken condom, or one that just slipped off. Maybe you forgot to insert your diaphragm? Anyone could make these mistakes, and lots of smart people do, every day.

But maybe all this seems moot? Maybe you're the type to plan ahead—someone who knows your own body and when you're most likely to get pregnant? Don't be so sure. People talk about a 'safe time of the month,' but it's hard to measure that precisely. Many women don't have regular periods anyway, particularly when they're stressed. Remember, too, that sperm can live up to seven days, so even

if you hadn't ovulated when you had sex, the sperm could still fertilize the egg afterwards. You don't want uncertainty at a time like this.

Why take the risk? Why wait? You have an option. You can take control with plan B*. plan B*, the "morning after pill", shouldn't replace your regular contraceptive method, but you can use it more than once, if you need to. Think of it as your emergency response. Accidents happen, even when you're careful, and that's why you have a plan B*.

GOT THE FACTS ABOUT PLAN B°?



Like any form of contraception, plan B*, the "morning after pill", isn't right for everyone, so make sure to talk to your doctor and pharmacist about the drug. In the meantime, you can test your knowledge with this true or false quiz:

"PLAN B® HAS NO EFFECT ON MY LONG-TERM FERTILITY." — TRUE

plan B® only works to prevent pregnancies occurring within the previous 72 hours. There is no evidence that plan B® has any effect on a woman's future ability to become pregnant.

"IT'S UNSAFE TO TAKE PLAN B® MORE THAN ONCE." — FALSE

plan B® should not be used on a regular basis, nor does taking extra doses make it more effective. However, there's no medical reason why you can't use it more than once.

"I NEED TO SEE MY DOCTOR To get plan bo." — False

plan B® is available at pharmacies across Canada. It can be found on shelf in all provinces except in Saskatchewan where it is kept behind the counter and in Quebec where it is available under prescription by your pharmacist.

STILL HAVE QUESTIONS? NO PROBLEM.

Call the plan B^{\otimes} info line to get answers, from anywhere in Canada, at **1-888-550-6060**. And for more information about plan B^{\otimes} and how it works, visit **www.planb.ca**.

 $Plan\ B^*\ is\ an\ emergency\ contraceptive.\ It\ is\ not\ recommended\ for\ routine\ use\ as\ a\ contraceptive.$ It\ des\ not\ protect\ against\ HIV/AIDS\ ad\ other\ STDs.\ This\ product\ may\ not\ be\ right\ for\ you.\ Always\ read\ and\ follow\ label\ directions.

PLAN B° TO THE RESCUE

Your birth control method just failed. How do you feel? Scared, maybe? Trapped? Pregnancy's a wonderful thing, but not until you're ready for it. And that's why you've got plan B*, the "morning after pill".

If you've had unprotected sex or a contraceptive accident in the last 72 hours, and you don't want to get pregnant, plan B* may be your best way to prevent it. How effective is it? The sooner you take it, the more likely it is to work. In fact, if taken within 24 hours, it is 95% effective at preventing pregnancy.

HOW DOES IT WORK? plan B* was the first emergency contraceptive approved for sale in Canada back in the year 2000 and it is taken by hundreds of thousands of Canadian women every year. It's simple to use: just two tablets, taken together, each containing 0.75 mg of levonorgestrel—the same ingredient commonly found in many birth control pills. If taken within 72 hours, plan B* helps prevent pregnancy (by doing one of three things: temporarily stops the release of an egg from the ovary, prevents fertilization, and prevents a fertilized egg from attaching to the uterus).

effect on an existing pregnancy; clinical studies show that plan B* will have no effect if you are already pregnant.

It's very unlikely that you will have any severe reaction to plan B*. Some people might experience nausea or vomiting after having taken plan B*, and these side effects usually pass within 24 hours. Speak to your pharmaciet to find out if it's right for you

GET IT AT THE PHARMACY. USE IT. IT'S EASY.

If you need plan B*, it isn't hard to find. No need to go see a doctor, just head to your local pharmacy. The "morning after pill" is available across Canada, and in most provinces, it can be purchased over the counter. Look for it under Birth Control, Contraceptives, Feminine Hygiene, or Family Planning. If you live in Saskatchewan, plan B* is kept behind the counter. And if you're purchasing it in Quebec, you'll need a prescription from your pharmacist. Pretty simple.



Did you know that forgetting two birth control pills can matter?

Misconceptions can lead to conception. More often than you might think, unwanted pregnancies happen because we don't have all the facts. Or, if we do have the facts, we sometimes kid ourselves they don't apply to us. If you've had unprotected sex or a contraceptive accident, you are at risk of an unwanted pregnancy — so don't wait till it's too late. It's only human to put off decisions or tell ourselves that everything's fine. But if you wait for your next period, you may have a much bigger decision to make.

plan B* gives you another option. It's the morning-after pill that acts before fertilization by temporarily stopping the release of an egg from the ovary. You can take it up to 72 hours after intercourse; but the sooner you take it, the more effective it is.

plan B[®] is now available directly on pharmacy shelves.*
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For more information, visit www.planb.ca

plan B* is an emergency contraceptive. It is not recommended for routine use as a contraceptive. It does not protect against HIV/AIDS and other STDs. This product may not be right for you. Always read and follow label directions.



A dinner to brighten your plate

• Add colour to your table with turkey burgers

DINNER **FXPRFSS**

EMILY RICHARDS

FOOD@METRONEWS.CA



Although you might have the barbecue handy (because it's covered with snow!), you

can still enjoy burgers.

These turkey burgers can be cooked right in your skillet on the stove.

They're lean and full of ginger, coriander and garlic to keep you humming a tasty tune into spring.

Preparation:

In a bowl, whisk together egg and soy sauce. Stir in onions, garlic, ginger, coriander, breadcrumbs and pepper. Add turkey and, using your

hands, mix turkey into egg mix until evenly distributed. Shape into 4 patties about ½ inch (1 cm) thick

Place patties in non-stick skillet over mediumhigh heat; cover and cook them for about 15 minutes, turning once or until the burgers are not pink inside.

EMILY RICHARDS IS A PROFES SIONAL HOME ECONOMIST. COOK BOOK AUTHOR & CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA



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Ingredients:

- 1 egg, lightly beaten
- 2 tbsp (25 mL) soy sauce
- 2 green onions, chopped • 2 cloves garlic, minced
- 1 tbsp (15 mL) ginger,
- 1/3 cup (75 mL) chopped fresh coriander leaves
- 1/3 cup (75 mL) dry bread-
- ¼ tsp (1 mL) pepper
- 1 lb (500 g) ground turkey



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Rainmen's overtime victory overturned

thrilling double-overtime win over the Quebec Kebs last Friday has been over-

The Premier Basketball League handed down the ruling yesterday after its investigation determined the chief referee did not reset the foul counts at the end of regulation time as required under National Basketball Association rules.

to determine whether free throws are awarded for common fouls.

The overtimes will be replayed prior to the March 5 matchup between the Kebs and the Rainmen at the Metro Centre, with play beginning tied 81-81.

PBL director of opera-tions Carrie Ann May said chief referee Peter Phipps has been suspended for the

rest of the season after accepting full responsibility for the error. The PBL issued a written notice of the ruling that states Phipps was "unaware of the proper application of this rule" and that it was "inadvertent."

With the ruling, the Rainmen are 6-2, second overall. The Kebs are a halfgame back at 6-3.

MATTHEW WUEST

Levingston may forfeit to Quebec

Halifax Rainmen owner Andre Levingston said he is "really disappointed" with the PBL ruling and will take a couple of days to review his

options. "We might just tell Quebec they can have the win — we'll take the loss,

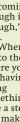
he said.

Levingston said the ruling has "let the air out" for him and that "the fun is getting tak-en out of" being an

"It's just coming to a head - enough is enough," he said.

"When you get to the point where you're not having fun doing something, you take a step back

and make some decisions." MATTHEW WUEST





Quoted



The Dalhousie Tigers, who checked in at No. 9 in Canadian **Interuniversity Sport's latest** men's basketball ranking released earlier this week, beat the Acadia **Axemen 84-69** at Dalplex last night. Guard Simon Farine, pictured, had 18 points and seven rebounds and forward Joseph **Schow had 17** points and nine rebounds. The **Tigers are** second in **Atlantic University Sport** with an 11-5 record. On the women's side, **Dal lost 69-68 to** Acadia.





Piche's gritty effort falls short

◆ Tough trip underway with strong showing ◆ Herd sits 15th overall at 17-33-1-2 after loss



Frederic Piche's best game as a member of the Halifax Mooseheads brought the Herd within seven minutes of knocking off one of the country's top

The 19-year-old goaltender, acquired in an early January trade, made 34 saves and was the second star in a tight 2-1 road loss to the nationally fourthranked Montreal Juniors last night.

Iuniors forward Raphael Pouliot scored the game-winner with 6:28 remaining and the Moose-heads — outshot 36-20 took penalties with 97 and 89 seconds to go that cost them an opportunity to

net the equalizer.

"He was very solid and made big saves, and we had some really good chances at the other end

"It was a pretty good hockey game. At 1-0 after two, we had enough chances to be ahead by two or three at that point. We hit the post three times on really good chances."

MOOSEHEADS HEAD COACH BOBBY SMITH

of the rink," said Mooseheads head coach Bobby Smith. "Despite the shots, that looked a little lop-sided, we had plenty of scoring chances and could have won the game."

Smith didn't fault Kon-

rad Abeltshauser or Carl Gelinas for the late-game penalties for cross-check-

ing and hooking.
"On (both) occasions there were collisions with Piche after he made a save, and we end up with

penalties both times," Smith said. "I thought we'd end up with a power

play." Martin Frk scored his 15th of the season in the first period. The Mooseheads held that lead until Jean-Laurence Beauchemin scored 2:58 into the third.

It was the first stage of a four-games-in-five-nights road trip that continues tomorrow against the Gatineau Olympiques.

Burke shuffles the Ducks again

◆ Wilson expects new forward Lupul to play with Bozak and MacArthur

Brian Burke is rolling the dice again.

In acquiring forward Joffrey Lupul from Anaheim yesterday, the Toronto Maple Leafs general manager hopes he's added a highly motivated player that has put a major injury behind him. Even he acknowledges that it's far from a sure thing.

"There's a human element in all of this," said Burke. "You bet on people every time you make a trade. If this were just buying cars or buying livestock it would be a lot easier. But we're betting on human beings.

"I bet on Joffrey Lupul because of his character and his skill level and I believe he thinks he has something to prove."

Burke parted ways with defenceman Francois Beauchemin in the trade and also added prospect Jake Gardiner — a firstround selection in 2008 — and a conditional draft pick in 2013.

The deal sees Toronto assume salary because Lupul will earn \$4.25 mil-

lion US over the next two years while Beauchemin has one year remaining on his deal at \$3.8 million.

"He may be overpaid for what he does now," Burke said of Lupul. "That's OK, that's not the player's fault. When the player's overpaid, one of us (GMs) made a mistake."

Lupul is a three-time 20 goal-scorer that sat out nearly a year with a back injury and subsequent blood infection before working his way back into Anaheim's lineup Dec. 5.

He was used primarily as a third-liner with the Ducks and is looking forward to assuming an expanded role on a Leafs team looking for more offence.

"I have a lot to prove to myself and to the team that just let me go and, first and foremost, to the new organization and my new teammates," said Lupul.

For Beauchemin, it marks a return to a familiar setting.

The 30-year-old spent parts of four seasons with the Ducks before signing ► Francois Beauchemin

"I was kind of expecting something to happen with all the rumours that were out there lately. I loved it here."

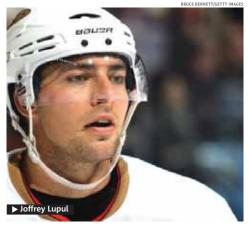
FRANCOIS BEAUCHEMIN

"I think definitely I have a lot to prove to a lot of people now. The Anaheim Ducks kind of just let me go after 20 games."

JOFFREY LUPUL

a three-year contract with the Leafs as a free agent in 2009. He was one of Toronto's leaders in ice time and spent much of the season on the top defensive pairing with Dion Phaneuf

Phaneur.
THE CANADIAN PRESS



Another blow for Penguins

Sidney Crosby's return date from a concussion is still unknown. Evgeni Malkin is headed toward surgery and won't play again until next season. Chris Kunitz is day to day, and Mike Comrie, Mark Letestu and Arron Asham are all sidelined with various injuries.

May as well add one more Pittsburgh Penguin.

At least the Penguins know for sure when forward Matt Cooke will return to the lineup. He'll be back once he's done serving a four-game suspension, brought down by the NHL yesterday.

Indeed, it is a tough time for the short-handed Penguins. How much do they miss their injured stars? Well, consider they have just one goal combined in consecutive losses. And they're not catching any breaks with the schedule, either.

The Penguins are home tomorrow to play Los Angeles. Then they head into a rugged stretch, playing nine of 11 games on the road.

They'll face the Kings — as well as play road games at the Islanders, Rangers and Colorado — without Cooke. The league moved swiftly on him, a day after he hit Columbus Blue Jackets defenceman Fedor Tyutin from behind in a 4-1 loss. Tyutin was pummelled face first into the boards. He quickly returned to his skates.

THE ASSOCIATED PRESS



Crossword

12

15

18

26 27 28

31

34

37

45

50

53

- 1 Blunder 5 Weep loudly
- 8 Window ledge
- 12 Hebrew month
- 13 Playwright Levin
- 14 Small combo
- 15 Come in second
- 16 canto 17 Seeping
- 18 Blood channel
- 20 Object of worship 22 Admiral William o
- wwii
- 26 Assertion
- 29 Feedbag morsel
- 30 Rage
- 31 Amour 32 Phys. or biol.
- 33 Valhalla VIP
- 34 Mentalist Geller
- 35 Thee
- 36 Part songs 37 Consider
- 40 Albacore
- 41 Speak unclearly
- 45 Popular housepla
- 47 Upper surface
- 49 Bedouin
- 50 Ireland 51 Have a bug
- 52 Poetic foot
- 53 Like candles or
- crayons
- 54 Crafty 55 Society newcomers

Down

- 1 Festive
- 2 Stench
- 3 Kiln 4 Comp
- 6 Raw rock

5 Prophetess

South Pacific" song 8 Milkmaid's perch

- 9 Raymond Burr role 10 Claiborne of fash-
- 11 Actress Myrna
- 19 Pirates' quaff 21 Feline
- 23 tenens (temporary officeholder)
- 24 Pennsylvania port
- 25 Longings 26 Organization
- 27 Traditional tales
- 28 Amelia Earhart, e.g. 32 Some Beethoven

33 Kids' card game 35 Yang counterpart

13

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47 48

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- 36 Wildebeest 38 Soft and liquid
- 39 Suggest
- 42 Highland hillside
- 43 Mary's follower
- 44 Recedes 45 Not many
- 46 Historic time 48 Lubricate

Sudoku

10

24 25

30

42 43

14

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49

52

55

➤ Yesterday's answer

36

20 21

39

41

23

29

3				6				5
	9			7			4	
2			4		9			3
9		1				4		7
		8	1		7	3		
7		6				5		2
4			7		2			9
	5			1			2	
1				4				8

How to play

Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

-5°/-14° * Flurries

1	р	4	1:	D	. 8	a	6	3
1	9	8	3	4	2	5	7	6
2	3	5	7	9	6	8	4	6
9	5	6	4	8	1	2	3	7
8	2	1	4 6 9	7	3	4	5	9
3	4	7	9	2	5	1	6	8
4	1	3	5	6	9	7	8	2 4 5
5	8	9	2	3	7	6	1	4
6	7	2	8	1	4	3	9	5

7 6 4 4 5 9 9 9 9

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Ros I love you with all my heart. I hope you can forgive me for my mistakes all I want is to be with you YOUR MUFFIN

Mark, I love you sooo Much! You mean the world to me! Will you be my valentine? LOVE YOUR GIRL G

Adam, happy almost-Valentine's day baby! You are the sunshine on my rainy days <3 lav you so much!!! YOUR FAVOURITE EV :)

Mr. highlighter! I can't believe it's about to be our first valentines day together. You are honestly the light of my life and the reason I wake up in the morning. You're an amazing person and I want the whole world to know how much I love you :) FOREVER YOURS, STEPHY <3

to your smartphor

TWN incorporates MSC data

Today's horoscope

T Aries March 21-April 20

You'll be in demand today, so promise yourself that you will not accept each and every invitation that comes your way. If you do, you will soon be exhausted. It's always about quality, not quantity.

¥ Taurus April 21-May 21

Venus, your ruler, links with Pluto, planet of passion, in one of the best areas of your chart. That tells you anything of a creative or romantic nature will go brilliantly.

II **Gemini** May 22-June 21 Be

honest with yourself, and with other people, about what you can accomplish, even if it means you have to break a promise you made at the start of the year.

Gancer June 22-July 22 It's

someone you fell out with. Why you drifted apart is not important. What matters is that you both realize life is better for when you're together.

will upset you today. The

you're not, you will be, soon.

have a glow about you today feed off your inner warmth. Don't let them get too close or you'll be crowded, but don't

time to patch things up with

Ω Leo July 23-Aug.23 Nothing world around you may be in a constant state of crisis but you will sail through it all without a care. Are you in love? If

MP Virgo Aug. 24- Sept. 22 YOU and others will draw closer to turn them away, either. You're a magnet for good vibes.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

imaginative powers are high and you must find ways to use them for your own enjoyment and profit. You must also find ways to cheer up someone going through a rough patch.

← Libra Sept. 23-0ct. 23 Your

M Scorpio Oct. 24-Nov. 22

With Venus, planet of love, on ideal terms with your ruler, Pluto, you can charm your way into the affections of anyone you please. You've always been irresistible but, today, the world wants to be your friend.

→ Sagittarius

Nov. 23-Dec. 21 If you are generous to others, they will be generous to you. However, if you refuse to help where help is needed, you will find that your own needs remain unfulfilled.

り Capricorn Dec. 22-Jan. 20

The amount of intensity you have shown in recent weeks will match your easygoing mood now. Venus in your sign will help you see things in perspective, and Pluto will help you act on what you see.

Aquarius Jan. 21-Feb. 18 If you face a choice between making your own life more comfortable and helping someone who is not as fortunate as you, there is little doubt you'll choose the latter.

H Pisces Feb. 19-March 20 You will make an effort to see the good in each person you meet. You will also make it your business to do good vourself. knowing that it will spread outward. SALLY BROMPTON

Partly cloudy

Caption contest

Friday

"I do not get paid enough"

You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.



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- Auto Locking Hub Control
 Aero-composite Halogen Fully Automatic Headlamps with Daytime Running Lights
- . Seating Capacity of 6
- · A/C, Underseat Ducts
- Satelite/Cd/MP3
- · Cruise Control
- · Power Front Windows
- U-connect Hands-free Communication
- · Trailor Hitch
- · Mud Guards

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2011 GRAND CHEROKEE 5.7L V8 LMT • 11GC1868 • Was \$52,070 NOW \$49,077

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- · Leather Wrap Steering Wheel with Audio Controls
- · Keyless Entry
- . Power Button Start

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OR



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- · Security Alarm
- · Tailor Hitch
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